

Dear families and friends

Recently staff of St Paul's completed 4 days of professional development in trauma-aware practices to **enhance students' wellbeing**. This was conducted over several months through the Berry Street Education Model. As a staff we recently agreed to embed key strategies from this training into our daily routines to build on St Paul's culture of positive wellbeing for all. These are:

- Morning Welcome routine.
- Brain breaks at least once a session.
- Mindfulness/meditation activities at the start of each session.
- What Went Well Today (WWWT) at the conclusion of each day.

While there is no single recipe for classroom success, we are striving to be consistent with our routine/ language and modelling positive relationships to help meet the diverse needs of all our students. **You can help by asking your child/ren at the end of each school day 'What went well' to keep those positive vibes bubbling in their young developing minds.**



In the coming weeks, we will **farewell** Viviane van Zyl and Sophia Czarkowski. Viviane has accepted a position at the school her children attend, and Sophia has decided to move onto a less physical role due to ongoing health issues. I would like to thank them both for their valued contributions to St Paul's for the short time they have been with us and wish them all the best. We are currently advertising for a new PE teacher and OSHC coordinator if you know of anyone qualified for these positions?

This week we welcome two **new ESA's**; Stephanie Waterson and Caitlin Crawford. Both of these ladies come to us with extensive experience of working with children and will be an asset to the community of St Paul's.

Have a great week and God bless,

*Anthony Greene*

**ASH WEDNESDAY MASS TIMES—**

**14 February 2024**

7am Holy Family Church

9am St Mary's Church

9am St Joseph's Cathedral

12noon St Joseph's Cathedral

5:30pm Our Lady Help of Christians, Park Ave



**A Prayer for the Virtue of Respect:**

Dear Jesus, we praise you for your goodness and mercy and thank you for the example of respect in your life. You were considerate to everyone you met, especially the poor and the sick, who came to you for help. Please help us to notice and respect the feelings of those around us as you did. Amen. **St Paul:** Pray for us.

## From the A.P.R.E. Desk

Thank you to Mrs Carr and Year 5C for their Prayer assembly last Friday on the Virtue of Mindfulness. It certainly gave us a lot to think about, especially for the need to take time to find silence in our lives, to be in the moment and take in the world around us. This Week 4R will be leading Prayer assembly and all are welcome to join us under the Big Shed, 8.35am Friday morning. **Josh Arnold** will be joining our St Paul's



community **next week from Tuesday to Thursday**. Josh is a prolific song writer, music producer and film maker creating projects with Schools throughout regional Australia under the banner of his production company 'Small Town Culture'. Josh believes in the collaborative process and possesses the unique ability of creating music with the people for the people. This is most evident in his School Workshops where **lyrics are written with students** who then become an integral part of the process, feel immense pride in their creation and take ownership of the end product. Josh will be working with many of our students to **create a new song, with a video, for our school**. This should be an exciting time in our school over the three days. **Next week begins one of the holiest times in the life of the Catholic Church**. Starting with **Ash Wednesday**, the 40 days of Lent will take us through to celebrating the Resurrection of Christ at Easter.

**Shrove Tuesday** is next Tuesday, the 21<sup>st</sup>. We would like to celebrate Shrove Tuesday as an opportunity to share in the Catholic tradition of **eating pancakes**. Pancakes were created to use the last of certain foods in the pantry before fasting during lent. The three cornerstones of Lent are **Praying, Fasting and Giving**.

**Giving can take many forms** so we are inviting families to consider purchasing **pre-made** pancakes to donate, to be given out for a **Gold Coin donation** to kickstart our Lenten campaign of supporting **CARITAS and Project Compassion**. All pancakes need to be purchased to meet Hygiene and Safety guidelines. Ingredients need to be visible on the packaging. Please see full details on the poster. Year 6 leaders will help to distribute them on Shrove Tuesday at 8.15am before school. It should be a wonderful, community building activity.

There is an **Ash Wednesday Prayer Liturgy at St Paul's** at 8.35am next Wednesday in the Big Shed. All in our St Paul's school community are invited to attend. If you would like to receive ashes with the students and staff, you are most welcome.

**This week's Virtue is Respect:** To respect everyone, Christians are called to be conscious that God has created all people in His image, regardless of whether they believe in Christ. We should show everyone proper respect and honour because an individual person is of more value than all the wealth in the world. This idea is captured in the New Testament by Jesus in what we call, **'The Golden Rule,' "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.** Matthew 7:12.

God Bless

Mark Roberts  
A.P.R.E

Important Dates	
9 <sup>th</sup> Feb	Yr 6 Leadership retreat
13 <sup>th</sup> Feb	Pancake Day/Shrove Tuesday
14 <sup>th</sup> Feb	Ash Wednesday
15 <sup>th</sup> Feb	Year 6 Leadership Assembly
16 <sup>th</sup> Feb	Bishop Inservice Day – Student Free Day
22 <sup>nd</sup> Feb	10am Ordination Peter Doherty

**Shrove Pancake Tuesday** Tuesday 13<sup>th</sup> February 2024

Families are invited to purchase and donate premade pancakes. These Pancakes will be available to students at 8.15am under the Big Shed for a Gold Coin donation. Proceeds going to Project Compassion.

Pancake donations can be left at the school office next Monday or Tuesday Morning.

School will provide Honey, Scrum and

*With praise and thanksgiving to God*



Most Reverend Michael McCarthy  
Bishop of Rockhampton  
invites the people of the Diocese of  
Rockhampton to the  
Presbyteral Ordination of  
Rev Peter Duncan Doherty

10.00am, Thursday 22<sup>nd</sup> February 2024  
St Joseph's Cathedral

For those unable to join in person, the event can be watched online at:

<https://www.youtube.com/user/StJosephsCathRton>

Working With **CATHOLIC EDUCATION**  
DIOCESE OF ROCKHAMPTON

**WE ARE HIRING**  
PHYSICAL EDUCATION TEACHER  
ST PAUL'S CATHOLIC PRIMARY  
SCHOOL, GRACEMERE

▶ PART-TIME (18HPW)  
▶ FOR AN IMMEDIATE COMMENCEMENT

APPLY TODAY  
APPLICATIONS CLOSE  
16 FEBRUARY 2024  
(UNLESS FILLED PRIOR)

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